

Truth Prescriptions

Giving Authentic Insights, Motivation and Inspiration Beyond the Exam Room

with Dr. Erin Weigman

Coaching Questionnaire

Welcome! I'm absolutely excited and looking forward to embark on this journey with you. Complete the top of this worksheet about your basic information and then read through the questions (hopefully thought-provoking). Please answer what you want. THIS IS NOT A TEST! There is nothing to "do correctly" here! These questions help me know you better but, my hope is, they might prompt you to know yourself better as well!

Full Name:

Name you Prefer to be called:

Preferred Mailing Address:

Preferred Phone #:

Preferred Email:

What do you get paid to do? (Occupation, Job Title, Industry type, Employer):

Age:

Gender:

Any of the below, if relevant:

Marital Status:

Significant other's name:

Name(s) of Child(ren) and age(s):

ABOUT YOU

1) Give me some words you use to describe yourself.

2) What are your personal and professional strengths? (What do others say you are really good and lists these strengths.)

3) What do you consider are your most significant accomplishments (personal and/or professional)?

4) What is the hardest thing you have ever had to overcome?

5) What really gets you energized? What is your "secret" passion, the one thing that is almost too exciting to think about?

GOALS

- 1) What are the goals you want to accomplish over the next 3 months? (where do you want to go?)

- 2) What are the 3 biggest changes you want to make over the next 3 years?

- 3) What are you "attached to" that is holding you back or is an obstacle in some way? (i.e. things that occupy your life, TV, addictions, work, people)

- 4) What kinds of problems and crises do you keep attracting (or that keep finding you no matter what you try to change)?

- 5) Do you have any recurring behavior, bad habits that you keep doing that limits your success?

- 6) List five (5) things that you are tolerating or putting up with in your life at present. (i.e. – information you cannot find, rude people, poor lighting, tight shoes, dented car, job dissatisfaction, dead plants, broken equipment, old appliances, etc.)

- 7) What do you do when you're having a tough time?

- 8) What is the one thing you **must** accomplish in this lifetime?

- 9) What's missing in your life, the presence of which would enrich your days?

COACHING

- 1) What do you want to make sure you get from our coaching relationship?

- 2) What made you choose me as your coach?

- 3) What would you expect or like me as your Coach to do if you get behind on your goals?

- 4) How will you know when you are receiving value (i.e. – your money’s worth) from the Coaching process?

- 5) How can I best support you in the Coaching relationship? Using each number once, place the following in order of importance. Rank using 1-10 (10= Most Important; 1= Least Important)

Brainstorming Strategies Together

Insight into Who You Are and Your Potential

Support, Encouragement, Validation

Exploring and Removing Blocks and Obstacles to Your Success

Accountability; Checking up on Goals

Working through Self-Improvement Programs Together

Suggesting or Designing Action Steps

Painting a Vision of What You Can Become or Accomplish

Strategic Planning

Directness: Asking Hard Questions; Challenging You to Move Forward

- 6) What types of approaches discourage you or take away your motivation?

- 7) What dream, goal or what part of yourself, if any, have you given up on?

- 8) What **two** steps would you want to take immediately that would make the greatest difference in your current situation?

- 9) What can I say to you when you are most stuck that will return you to action?